

<p style="text-align: center;">Monta Vista Track Team 2013 Monta Vista League Meet Vs. Santa Clara and Fremont Thursday, April 25, 2013</p>
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Transportation

YOU are responsible for arranging your transportation to Santa Clara arriving no later than 2:00pm! If you are driving, don't leave with an empty seat in your car (especially invite Freshmen and Sophomores who can't drive themselves and don't have any options). I know you can figure this out! You are scheduled for release from school at 1:20pm.

Location & Start

Santa Clara High School, 300 Benton St. Santa Clara, CA 95051

3:00pm—scheduled meet start. Plan to arrive by 2:00 to get settled. Warm-ups will be at 2:30 (jog + drills). All team members have been scheduled for early release at 1:20pm.

Meet Overview

This is a three-way meet with Santa Clara and Fremont. That's always fun to have a bigger group of competitors, and these are well run teams. PLEASE help out with hurdles and such even though this is not a home meet. Don't forget to thank the Santa Clara coaches and volunteers; this is a lot of work!

PLEASE READ THE SCHEDULE SO YOU KNOW WHEN YOUR EVENT IS RUN!

3 Things Your Coach Would Like You to Focus on at Santa Clara

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| <ol style="list-style-type: none">1. Put it all together: You have been training for 3 months now, and now it's time to use what you have learned! You've experimented with different race strategies and preparation/warm up strategies; now do what you think will serve you best for your competition today and next week at Leagues.2. Positive Mental Attitude: Remember that <i>"This is a GREAT day to race!"</i> Say this out loud when you are heading to the starting line (or the jump pit!). Get your head into a space where you are ready to compete your best. We should finally have great track weather this week—we should be running and jumping out of our skins! Put aside any negative thoughts, be positive!3. Appreciation: Don't forget to thank the parents who drive you to and from the meet, thank at least one volunteer or official (timer, coach, starter), and say 'good luck' or 'congratulations' or 'good race' to at least one competitor! |
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Notes

- You MUST be **marked with your ID number** before the start of the meet! Hank Lawson is timing and will use these numbers. **Know your ID number!**
- You must wear your school uniform!
- No jewelry of ANY KIND!
- Get to bed early the night before! Let's say, be in bed at 10pm. You can still get your homework done—but there is probably no time for updating Facebook! ☺

- Eat well! Have a good breakfast – I like a banana, toast, and some protein such as peanut or almond butter, orange juice. A lot of people like oatmeal with some raisins and nuts. For lunch, something healthy and not too heavy; maybe a turkey sandwich on whole-wheat bread, peanut/almond butter and jam sandwich (it's not just for kids!), or a pasta salad, a carrot, and some fruit (a banana is good!) and an oatmeal cookie. Whatever you eat, write your menu down; afterwards, if you have a good race, you might want to repeat this routine. If you don't run very well, maybe this menu is something to think about changing.
- Bring a snack for after you are done competing. A mix of protein and carbs are good, such as a peanut butter and jam sandwich, or nuts and a piece of fruit.
- Check the weather report to figure out what clothes to bring! Have dry clothes for after the race.
- You are responsible for arranging how to travel to and from the meet!

Don't forget to pack

- Your school issued uniform.
- Running shoes, spikes, extra spikes, spike wrench or throwing shoes. Check and change your spikes the night before!
- Warm up shoes and socks.
- Vaseline to lubricate spikes before screwing them into shoes.
- Extra clothing as needed.
- **Water** and water bottle!!! And food.
- Any medications you need.
- Hair ties.